

IN THE CLAIMS:

1. **(Currently Amended)** An actuator, preferably for furniture and comprising a helical spring ~~as (20)~~ having a plurality of windings around a plastic cylindrical element ~~(10)~~ of plastics which is rotatable at least during reversed movement, said helical spring being tightened around the cylindrical element during reversed movement, characterized in that the cylindrical element consisting of plastics has an and a metal insert ~~(12)~~ of metal inside the cylindrical element for carrying off [the] frictional heat generated during the reversed movement.

2. **(Currently Amended)** An actuator according to claim 1, characterized in that wherein the insert [(12)] is connected with cooling faces of metal, preferably other actuator parts consisting of metal.

3. **(Currently Amended)** An actuator according to claim 2, comprising a worm wheel ~~(9)~~ and a spindle ~~(2)~~, wherein the connection between these is formed said worm wheel being connected to the spindle by a spline, characterized in that and wherein the spline of the worm wheel is formed in the insert ~~(12)~~ so that there is direct contact between insert ~~(12)~~ and spindle ~~(2)~~.

4. **(Currently Amended)** An actuator according to claim 1, characterized in that it comprises an element ~~(18)~~ including a collar in intimate contact with [the] an outer side of the spring [(20)] for carrying off [the] heat, said element collar being made of a more heat-conducting material than the spring.

5. **(Currently Amended)** An actuator according to claim 4,  
~~characterized in that the element (18)-collar~~ essentially covers the entire  
outer side of the spring.

6. **(Currently Amended)** An actuator according to claim 5,  
~~characterized in that the element (18)-collar is connected with metallic~~  
~~cooling faces, preferably other actuator parts consisting of metal.~~